

SURE-PAK 12™ FULLY PREPARED MEALS- 12 PACK

Fully prepared and ready to eat — hot when you have a few minutes, or cold when time or conditions don't permit a fire. These field rations are the perfect solution for outdoorsmen, backpackers, rescue workers, and anyone who needs a fast way to have a nutritious meal without the delay of cooking. MRE Meals do not require refrigeration.

An essential part of any complete emergency food reserve system is its versatility. MREs (Meal-Ready-To-Eat) are a great choice under almost any circumstance.

SURE-PAK 12 meal case was designed to meet the needs of the end user who requires a top-of-the-line, fully-configured MRE meal case. With 12 mains, 12 sides, 12 dessert packs, 12 crackers, 12 spreads, 12 beverages, 12 coffees — it's the best MRE meal case they've ever carried for the general public.

MREs are commonly referred to as U.S. Military field Rations or Meals Ready to Eat. MREs are now available to the civilian population. They are a self-contained fully prepared meal complete with entrée, side dish, drink mix, condiments, spread, crackers, desert, and accessory pack. They require no cooking or water and can be eaten hot or cold. Although Sopakco Full Meal Cases have stated shelf life of 3 years, at room temperature you can plan on about 5–7 years (and depending on storage temperature, it can be up to 12 years; see MRE Shelf Life Chart at the end of this document).



Store them for emergencies, take them camping, hunting, canoeing, hiking and more! MREs are an excellent disaster relief solution when normal food service facilities are not available. MREs are a great food source for fire departments, FEMA, local emergency management agencies, American Red Cross, and the civilian population. They provide a fast, safe and easy way to eat a meal anytime, anywhere!



MREs were originally developed for the U.S. Military and are now used worldwide as field meals for troops. They are made for all weather conditions. Everything you need for a complete meal is contained within a heavy plastic sealed waterproof bag. No refrigeration, no cooking, no water and no preparation is needed. Each entree is pre-cooked and ready-to-eat at a moments notice, hot or cold and they're delicious too!

The secret of these meals' long shelf life is that they are cooked in a flexible triple-layered, sealed foil pouch, which locks the foods natural flavors and nutrients in for 3–5 years when stored at room temperature (see MRE Shelf Life Chart, located on the last page of this document). The outer tough polyester pouch protects against moisture, light and oxygen. The inner layer made of polypropylene, which is an inert barrier protects the food from tasting canned and act as a heat seal. Each entree is made to strict and exact military specs.

Sure-Pak 12 Fully Prepared Meals (continued)

MRE Menu Choice. All the complete MRE meal packs come with an entree, side dish, dessert, crackers, cracker spread, beverage powder, spoon and towelette. Following are examples of different main entrees in each pre-packed assorted menu case.



“Sure-Pak™ Emergency Meals” Nutritional Information:

- **Main Entrees:** 170 to 350 calories per serving (approx. 8 oz.)
- **Side Dishes:** 120 to 220 calories per serving (approx. 5 oz.)
- **Desserts:** 100 to 200 calories per serving (approx. 4 oz.)
- **Crackers:** 180 calories per serving (approx. 1.3 oz.)
- **Cracker Spread:** 180 to 260 calories per serving
- **Beverage Powders:** 50 calories per serving, 7 gm. (requires 6 oz. of water)

SURE-PAK 12 MENUS. There are 12 full meals in each case, within each case are 6 entree menus (2 meals of 6 menus per case for a total of 12 full meals). The individual components of each meal include the following:

Menu 1 (2 each)	Menu 2 (2 each)	Menu 3 (2 each)
Main Entree Side Dish (noodles, fruit or other) Dessert (pound cake or other) Cracker Cracker Spread (jelly, cheese or peanut butter) Condiment Pack (coffee, creamer, sugar, salt, pepper, napkin, wet nap, spoon)	Main Entree Side Dish (noodles, fruit or other) Dessert (pound cake or other) Cracker Cracker Spread (jelly, cheese or peanut butter) Condiment Pack (coffee, creamer, sugar, salt, pepper, napkin, wet nap, spoon)	Main Entree Side Dish (noodles, fruit or other) Dessert (pound cake or other) Cracker Cracker Spread (jelly, cheese or peanut butter) Condiment Pack (coffee, creamer, sugar, salt, pepper, napkin, wet nap, spoon)
Menu 4 (2 each)	Menu 5 (2 each)	Menu 6 (2 each)
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Sure-Pak 12 Fully Prepared Meals (continued)

Main Entrees (Current production cases as of 6/01/2010 contain any six of the following main entrees. Note: These menus are subject to change):

- APPLE MAPLE OATMEAL
- BEEF ENCHILADA
- BEEF PATTY
- BEEF RAVIOLI
- BEEF STEW
- CHEESE OMELET
- CHEESE TORTELLINI
- CHICKEN DUMPLINGS
- CHICKEN FAJITA
- CHICKEN NOODLES
- CHICKEN PESTO PASTA
- CHICKEN SALSA
- CHICKEN w/ FETA
- CHILI MACARONI w/ BEEF
- CHILI w/ BEANS
- GRILLED CHICKEN
- MEATBALLS
- MEATLOAF
- PENNE PASTA
- PORK MAPLE SAUSAGE
- PORK RIBS
- POT ROAST
- SLOPPY JOE
- SPAGHETTI
- VEGETABLE LASAGNA
- VEGGIE BURGER

Side Dishes (Current production cases as of 6/01/2010 contain any of the following side dishes. Note: These menus are subject to change):

- CLAM CHOWDER
- CORNBREAD STUFFING
- FRIED RICE
- RASPBERRY APPLESAUCE
- SPICED APPLES
- PEARS
- PINEAPPLE
- MEXICAN CORN
- MEXICAN RICE
- MIXED FRUIT
- MASHED POTATOES
- MEXI MAC & CHEESE
- REFRIED BEANS

Desserts:

- DESSERT ITEM (May be Vegetarian. May contain Dairy, Wheat, Soy, Egg, Nuts) (i.e., Carrot Cake, Cherry Cobbler, Chocolate Chip Ranger Bar, Fig Bars, Fortified Applesauce, Fudge Brownie, White Raspberry Cookie, Oatmeal Cookie, M&M Cookie, Shortbread Cookie)

Snack Crackers:

- SNACK CRACKER (May contain Dairy, Wheat, Soy, Egg) (i.e., Plain Cracker, Vegetable Cracker)

Cracker Spreads:

- CRACKER SPREAD (May be Vegetarian. May contain Dairy, Wheat, Soy, Egg, Nuts) (i.e., Jelly, Cheese)

MRE SHELF LIFE:

MRE Shelf Life (based on taste testing at U.S. Army's NATIC Research Laboratories)							
Storage Temperature (Fahrenheit)	100°	90°	85°	80°	75°	70°	60°
Storage Life in Months (and years)	22 Months (1.8 yrs)	55 Months (4.5 yrs)	60 Months (5 yrs)	76 Months (6.3 yrs)	88 Months (7.3 yrs)	100 Months (8.3 yrs)	130+ Months (10.8+ yrs)

The shelf life figures given above for Emergency Meals are based on studies conducted by the U.S. Army's Natick Research Laboratories. This study was conducted by Natick without participation of the Emergency Meal manufacturers. As such, SOPAKCO Packaging, and Epicenter Supplies LLC cannot verify the test procedures used by the Natick labs, nor do we adopt these shelf life figures as a guarantee of any sort. The data is useful, though, as a general indication of the effects of storage temperatures on the shelf life of Emergency Meal-type food products.